

## Nutrition and Dietary Requirements

### 1. Statement

NBCA provides safe, nutritious, and developmentally appropriate food and beverages that support children's individual dietary requirements, health and wellbeing. NBCA's approach ensures that all meals meet the highest standards of food safety and nutrition while fostering positive eating habits in an inclusive and culturally responsive environment.

### 2. Definitions

"Dietary requirement" means any specific food-related need that affects what an individual can safely or appropriately consume.

"HACCP" mean Hazard Analysis and Critical Control Point, which is a preventative food safety system designed to identify, assess, and control potential hazards in food handling and preparation.

"The service" means the NBCA centre the child is enrolled/enrolling in.

### 3. Food and beverages

- i. The service will offer meals and snacks that account for at least 50% of a child's daily recommended nutritional intake, as defined by the [Australian Dietary Guidelines](#).
- ii. The service aims to offer menus that reflect culturally diverse ingredients and meal preparation styles, including options such as Halal and Kosher alternatives, vegetarian and vegan options, and inclusion of bush tucker ingredients and Indigenous food traditions.
- iii. Meals and snacks are designed to meet age-specific nutritional needs, ensuring a balanced intake of vegetables, fruits, whole grains, lean proteins, and dairy. They are prepared with minimal added sugars, salts, and unhealthy fats.
- iv. Meal and snack opportunities occur throughout the day, and may include breakfast, morning tea, lunch, afternoon tea and late snack.
- v. A weekly menu, including meals, snacks, and clearly marked allergen information, is prominently displayed at the service.
- vi. Tap water is always accessible and is offered at mealtimes and throughout the day to children aged 12 months and older; children aged 6-12 months will be offered cooled boiled water. Families are encouraged to provide a drink bottle labelled with the child's name for water.
- vii. Unless otherwise agreed with families, children aged 12 months and older will be offered cow's milk at least once per day.
- viii. The service is a nut-free environment. No food containing peanuts, tree nuts, or nut-based products (including spreads, muesli bars, and baked goods) will be provided by the service.
- ix. Children are not permitted to bring food or beverages from home unless an exemption is granted by the service director for documented dietary, cultural, or medical reasons.



## 4. Breastfeeding, formula and bottle-feeding

- i. The service provides a private, comfortable, and welcoming space for breastfeeding and expressing milk.
- ii. Expressed breastmilk provided to the service must be clearly labelled with the child's name and the date that it was expressed.
- iii. Families must provide clean bottles labelled with the child's name for breastmilk or cow's milk, as the service does not supply bottles.
- iv. The service does not supply formula. Families must provide sufficient pre-measured containers of formula powder and separate measured bottles of water, which staff will mix as required. Pre-mixed bottles of formula will not be accepted.
- v. Staff will work with families to support the transition to solid foods. Children will be introduced to safe, age-appropriate foods in consultation with their families, to ensure continuity between home and the service.

## 5. Food safety

- i. The service adheres to a Food Safety and HACCP Plan to identify potential food safety hazards at every stage of food handling, implement preventative measures to reduce risks of contamination, maintain food safety records, and conduct regular inspections of food handling areas, equipment, and procedures.
- ii. The service has a certified Food Safety Supervisor who is responsible for overseeing all aspects of food safety, ensuring compliance with food safety standards, monitoring HACCP Plan implementation, maintaining records, and addressing any food-related concerns.
- iii. All staff involved in food preparation, handling, and serving must complete accredited food safety training, including modules on hygiene, safe storage, preparation, and cross-contamination prevention.

## 6. Dietary requirements

- i. NBCA supports diverse dietary requirements, including allergies, intolerances, medical diets, cultural and religious preferences, and personal choices, ensuring all children have equitable access to nutritious meals and snacks.
- ii. Alternative meals for children with dietary requirements will be served in a way that ensures inclusivity, closely resembling standard menu items to provide a shared dining experience.
- iii. A Dietary Requirements form must be completed by the parent/guardian(s) during the enrolment process, or as soon as practicable, for any child with a dietary requirement.
- iv. An updated Dietary Requirements form must be completed by the parent/guardian(s) at least annually, or as soon as practicable when circumstances change, for any child with a dietary requirement.



- v. The parent/guardian(s) of a child diagnosed with, or suspected of having, a food allergy or intolerance must provide the service with an allergy/anaphylaxis management plan developed by a registered medical practitioner before the child commences care or immediately following diagnosis – see [Medical Conditions](#) policy.

<b>EFFECTIVE DATE</b>	5 March 2025	<b>LAST REVIEWED</b>	February 2025
-----------------------	--------------	----------------------	---------------

## NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1	Health	Each child’s health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child

## EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

77	Health, hygiene and safe food practices
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
160	Child enrolment records to be kept by approved provider and family day care educator
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures



# Policies

170	Policies and procedures must be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

